

UNOFFICIAL PRACTICE SUNDAY, 15TH OCTOBER 2023 @ R50 PER SESSION					
PAYMENTS TO BE MADE BY FRIDAY, 13TH OCTOBER					
Banking Details: Cape Peninsula Ice Skating Club					
Current Account No.: 1075041937 Br. Code: 198765					
Reference: CIP/Name : Please email proof of payment to skateshop@icerink.co.za					
Please sign in at the Ticket Office on arrival (first name and surname)					
05:00 - 05:30					
SESSION 1	PROVINCE	5 MINUTE WARM UP			REV 2
NAME	6	SECTION	COACH	PROGRAM	PAID
Jayde Amber Bean	WCP	BRONZE OPEN SOLO DANCE	Barbie Hawkes	FD	R50,00
Logan Stevens	WCP	SILVER OPEN SOLO DANCE	Tiana Stanton	FD	R50,00
Kihara Zaayman	WCP	SILVER OPEN SOLO DANCE	Tiana Stanton	FD	R50,00
Lindi Brink	GAN	SILVER OPEN SOLO DANCE	Lejeanne Hennessey	FD	
Madison de Mink	WCP	ADVANCED NOVICE SOLO DANCE	Barbie Hawkes	FD	R50,00
05:30 - 06:00					
SESSION 2	PROVINCE	5 MINUTE WARM UP			
NAME	7	SECTION	COACH	PROGRAM	PAID
Joey-Belle Eloff	GAN	SPARROWS	Alicia Gerber	FS	R50,00
Georgia-May Benjamin	WCP	BRONZE HAWKS GIRLS	Tiana Stanton	FS	
Skylah Lekcharoensuk	WCP	BRONZE HAWKS GIRLS	Megan Allely-Painczyk	FS	
Astrid Brink	GAN	SILVER FALCONS GIRLS	Lejeanne Hennessey	FS	
Annabelle Pieterse	WCP	BRONZE HAWKS GIRLS	Lisa Stigant/Dino Quattrocecere	FS	
Emily McChlery	WCP	SILVER FALCONS GIRLS	Tiana Stanton	FS	
Emma Theron	WCP	SILVER FALCONS GIRLS	Barbie Hawkes	FS	R50,00
06:00 - 06:30					
SESSION 3	PROVINCE	5 MINUTE WARM UP			
NAME	7	SECTION	COACH	PROGRAM	PAID
Deidre Möller	GAN	GOLDEN EAGLES LADIES	Alicia Gerber	FS	R50,00
Nelmari Beetge	WCP	ADULT WOMEN BEGINNER ARTISTIC	Barbie Hawkes	AP	R50,00
Shiven Bodasing	WCP	ADULT MEN BEGINNER TECHNICAL	Vage Evetts	FS	R50,00
Nikita Wilson	WCP	NOVICE GIRLS	Vage Evetts	FS	R50,00
Leah Snyman	GAN	NOVICE GIRLS	Lejeanne Hennessey	FS	R50,00
Caylie-Jane du Plessis	WCP	NOVICE GIRLS	Lisa Stigant/Dino Quattrocecere	FS	R50,00
Zahraa Cornelius	WCP	NOVICE GIRLS	Lisa Stigant/Dino Quattrocecere	FS	R50,00
06:30 - 07:00					
SESSION 4	PROVINCE	5 MINUTE WARM UP			
NAME	1	SECTION	COACH	PROGRAM	PAID
Team Velocity	WCP	MIXED AGE GROUP SYNCHRO	Lisa Stigant/Megan Allely-Painczyk	FS	
07:00 - 07:15 RESURFACE (15 MINUTES)					

07:15 - 07:45					
SESSION 5	PROVINCE	5 MINUTE WARM UP			
NAME	5	SECTION	COACH	PROGRAM	PAID
Cody Kock	WCP	JUNIOR MEN	Vage Evetts	FS	R50,00
Jasmine Coetzee	GAC	JUNIOR WOMAN	Dino Quattrocecere	FS	
Felicity Chase	WCP	JUNIOR WOMAN	Lisa Stigant/Megan Allely-Painczyk	FS	R50,00
Nadia Bergh	GAN	JUNIOR WOMAN	Dantin Broodryk	FS	R50,00
Maria Navarro Brito	WCP	JUNIOR WOMAN	Megan Allely-Painczyk	FS	R50,00
07:45 - 08:15					
SESSION 6	PROVINCE	5 MINUTE WARM UP			
NAME	5	SECTION	COACH	PROGRAM	PAID
Teagan Botha	WCP	JUNIOR WOMAN	Lisa Stigant/Megan Allely-Painczyk	FS	R50,00
Shan Tong Yu	WCP	JUNIOR WOMAN	Barbie Hawkes	FS	R50,00
Mia Thomson	WCP	JUNIOR WOMAN	Megan Allely-Painczyk	FS	R50,00
Jamie Roebek	WCP	SENIOR WOMAN	Vage Evetts	FS	
Keva Emond	WCP	SENIOR WOMAN	Barbie Hawkes	FS	R50,00
08:15 - 08:45					
SESSION 7	PROVINCE	5 MINUTE WARM UP			
NAME	2	SECTION	COACH	PROGRAM	PAID
Felicity Chase/Mikhail Ajam	WCP	JUNIOR DANCE	Tiana Stanton	FS	/
Courtney Kuhn	WCP	SENIOR SOLO DANCE	Lisa Stigant	FD	R50,00
08:45 - 09:20					
SESSION 8	PROVINCE	5 MINUTE WARM UP			
NAME	10	SECTION	COACH	PROGRAM	PAID
Inge Brink	GAN	JUVENILE GIRLS	Lejeanne Hennessey	FS	
Kira Meyer	GAN	JUVENILE GIRLS	Nadia Snyman	FS	R50,00
Olivia Reynolds	GAN	JUVENILE GIRLS	Alicia Gerber	FS	R50,00
Sophia Simon	WCP	JUVENILE GIRLS	Lisa Stigant/Dino Quattrocecere	FS	R50,00
Ziya Adakarie	WCP	JUVENILE GIRLS	Vage Evetts	FS	R50,00
Alexia Easom	WCP	JUVENILE GIRLS	Barbie Hawkes	FS	R50,00
Rylee Gibbons	WCP	JUVENILE GIRLS	Lisa Stigant/Dino Quattrocecere	FS	R50,00
Tamar Botha	WCP	JUVENILE GIRLS	Vage Evetts	FS	R50,00
Vincent Grun	GAC	JUVENILE BOYS	Dantin Broodryk	FS	R50,00
Carla Brink	GAN	PRE-NOVICE GIRLS	Lejeanne Hennessey	FS	
09:20 - 09:55					
SESSION 9	PROVINCE	5 MINUTE WARM UP			
NAME	13	SECTION	COACH	PROGRAM	PAID
Mialiez Badenhorst	GAN	PRE-NOVICE GIRLS	Nadia Snyman	FS	R50,00
Yi Chi (Olivia) Chiang	GAN	PRE-NOVICE GIRLS	Nadia Snyman	FS	R50,00
Aimee Gibbons	WCP	BRONZE HAWKS GIRLS	Lisa Stigant/Dino Quattrocecere	FS	R50,00
Ava Keenan	GAN	PRE-NOVICE GIRLS	Lejeanne Hennessey	FS	R50,00
Naomi Keller	GAN	PRE-NOVICE GIRLS	Yolande Giering	FS	R50,00
Ava Grun	GAC	PRE-NOVICE GIRLS	Dantin Broodryk	FS	R50,00
Philip Malan	GAN	PRE-NOVICE BOYS	Yolande Giering	FS	R50,00
Layla Kamel	WCP	PRE-NOVICE GIRLS	Nadia Snyman	FS	R50,00
Pulane Tshelo	GAN	PRE-NOVICE GIRLS	Yolande Giering	FS	R50,00
Rachael Rodd	WCP	PRE-NOVICE GIRLS	Lisa Stigant/Dino Quattrocecere	FS	
Skyla von Benecke	GAN	PRE-NOVICE GIRLS	Yolande Giering	FS	R50,00
Jaydean Brits	GAN	SENIOR SOLO DANCE	Lejeanne Hennessey/Tiana Stanton	FD	
Christel de Waal	GAN	SENIOR SOLO DANCE	Lejeanne Hennessey/Tiana Stanton	FD	